

Buying Guide . . .

LEMONS — MUSHROOMS

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
LEMONS Fresh	Pound	3.1	¼ cup fruit juice	32.1	1 lb AP = about 0.43 lb (¾ cup juice)
LETTUCE, HEAD Fresh	Pound	22.2	¼ cup shredded vegetable	4.5	1 lb AP = 0.76 lb ready-to-serve
		20.8	¼ cup raw vegetable pieces	4.8	
		13.9	¼ cup raw vegetable pieces with dressing	7.2	
LETTUCE, LEAF Fresh	Pound	21.7	¼ cup raw vegetable pieces	4.6	1 lb AP = 0.66 lb ready-to-serve raw
		14.5	¼ cup raw vegetable pieces with dressing	6.9	
LETTUCE, ROMAINE Fresh	Pound	31.3	¼ cup raw vegetable pieces	3.2	1 lb AP = 0.64 lb ready-to-serve raw
		20.9	¼ cup raw vegetable pieces with dressing	4.8	
LIMES Fresh	Pound	3.5	¼ cup fruit juice	28.2	1 lb AP = about 0.47 lb (7/8 cup) juice
MANGOES Fresh	Pound	7.6	¼ cup cubed or sliced fruit	13.1	1 lb AP = 0.69 lb ready-to-serve raw
MUSHROOMS Fresh	Pound	18.7	¼ cup raw sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook
	Pound	8.3	¼ cup cooked sliced vegetable	12.0	